

Comprehensive Diploma in Cosmetic Gynecology
“CDCG”

Module 1: Anatomical, physiological and pathological considerations.

By the end of the module the trainee will be able to:

- Recognize surgical anatomy of aesthetic and functional perspectives
- Identify aesthetic anatomy of the external genitalia
- Describe physiology of sexual response
- Outline anatomical Variation in Female External Genitalia
- Discuss patho-physiological changes of genital aging

	Title of the presentation	Duration (Hours)
1	Surgical anatomy of the vulva	4
2	Surgical histology and anatomy of the vagina and perinium	2
3	Physiology of orgasm	2
4	Vulvar and vaginal changes during and after pregnancy	1
5	Vulvar and vaginal aging	1
6	What does a beautiful vulva mean?	1
7	Anatomical variability of the vulva	1
Total hours		12

Assessment: Multiple choice questions

Module2: Aesthetic problems of the external genitalia.

By the end of the module the trainee will be able to identify aesthetic problems of:

- Labia majora
- Labia minora
- Clitoris
- Vagina
- Perineum
- Anus
- Skin problems (pigmentations, atrophy, hair removal, hyperhidrosis ...)
- Combined

	Title of the presentation	Duration (Hours)
1	Aesthetic problems of the fatty parts of the vulva	1
2	Aesthetic problems of labia minora	1

3	Aesthetic problems of clitoris and clitoral hood	1
4	Aesthetic problems of vagina and vaginal vestibule	1
5	Aesthetic problems of perineum and anus	1
6	Aesthetic problems of the vulvar skin	1
Total hours		6

Assessment: Multiple choice problem solving questions.

Module 3: Clinical presentations.

By the end of the module the trainee will be able to diagnose aesthetic problems:

- After bariatric surgery
- After FGM
- In postmenopausal women
- In postpartum period
- In botched surgery
- With sexual problems
- In vaginismus
- And relate them to body dysmorphic syndrome
- In cosmetic mania
- With the use of objective assessment tools (CBA, FSFI, FGSIS, GAIS)

	Title of the presentation	Duration (Hours)
	How to take aesthetic history?	1
	When and how to use objective assessment tools (CBA, FSFI, FGSIS, GAIS)	1
	Body dysmorphic syndrome.	1
	Assessment of the women psychological conditions in aesthetic gynecology clinics	1
	Cosmetic mania.	1
	Causes, diagnosis and treatment of vaginismus	1
Total hours		6

Assessment: Clinical exam

Module 4: Aesthetic assessment of the external genitalia.

By the end of the module the trainee will be able to:

- Choose proper patients' positions and needed examination tools

- Conduct aesthetic examination of the external genitalia
- Use digital pictures in patients' assessment and documentation.

	Title of the presentation	Duration (Hours)
1	Positions, preparations imaging and tools for aesthetic examination of the vulva.	1
2	How to conduct aesthetic examination of the fatty parts of the vulva?	1
3	How to conduct aesthetic examination of labia minora and clitoral hood?	1
4	How to conduct aesthetic and functional examination of the vagina and vaginal vestibule?	1
5	How to examine perineal and pelvic floor muscles?	1
7	Difficulties in assessing aesthetic problems after FGM and after previous surgery (botched surgery).	1
8	Aesthetic examination of vulvar skin.	1
10	How to present and report your aesthetic examination?	1
11	Relations between the different aesthetic problems and differences between patient's, partner's and doctor's perspectives	1
Total hours		9

Assessment: Clinical exam

Module 5: pretreatment preparation.

By the end of module the trainee will be able to:

- Order the needed investigations
- Properly select women in need for psychological assessment
- Treatment of vaginitis and vaginal preparation
- Select properly women in need for aesthetic measures
- Conduct proper counseling
- Take informed consent
- Give the correct instructions
- Select properly the types of anesthesia
- Recognize medico-legal aspects of aesthetic procedure
- Prepare for office procedures
- Marketing for aesthetic gynecology

	Title of the presentation	Duration (Hours)
1	Patient's selection for cosmetic gynecology measures Preoperative investigations and instructions (including	1

	preparation of the vulva and vagina).	
6	Anesthesia in cosmetic gynecology	1
3	How to take a proper consent in cosmetic gynecology? And Medico-legal problems in aesthetic gynecology.	1
5	Medical problems and aesthetic sexual problems	1
7	Marketing in aesthetic gynecology.	1
Total hours		5

Assessment: Multiple choice problem solving questions.

Module 5: Pharmacological treatment

By the end of the module the trainee will be able to:

- Select and prescribe the hormones and medications needed in different cases with aesthetic gynecology problems
- Role of nutrition and vitamin replacements in sexual function
- Choose and prescribe medications in different sexual problems
- Use properly adjuvant and post-surgery medications

	Title of the presentation	Duration (Hours)
1	Role of nutrition and vitamin replacement in aesthetic gynecology and female sexual problems.	2
2	Role of estrogen in aesthetic functional gynecology	1
3	Role of androgen in aesthetic functional gynecology	1
5	Medications for hypoactive sexual state	1
6	Causes and treatment of vaginal dryness	1
Total hours		6

Assessment: Multiple choice questions

Module 6: Injections and transfer.

By the end of the module the trainee will be able to recognize the role of, prepare and be able to use of the following in aesthetic gynecology procedures:

- PRP
- Fat
- Hyaluronic acid
- Botulinum Toxin
- Carboxytherapy
- Stem cells
- Exosomes

	Title of the presentation	Duration (Hours)
	Preparation, role , injection technique and complications of PRP in aesthetic functional gynecology	1
	Preparation, role , injection technique and complications of fat in aesthetic functional gynecology	1
	Types, preparation, role , injection technique and complications of Hyaluronic acid in aesthetic functional gynecology including G spot augmentation and O shot	1
	Carboxy therapy and Exosomes and stem cells in functional aesthetic gynecology	1
	Vulvar whitening	1
Total hours		5

Assessment: Clinical exam

Module 7: Energy based devices.

By the end of the module the trainee will be able to recognize the role of and be able to use the following energy devices in aesthetic gynecology:

- Radiofrequency
- Plasma jet
- HIFU
- LASER
- MFU
- Emsella Chair
- LED

	Title of the presentation	Duration (Hours)
1	Role, technique and complications of radiofrequency devices in aesthetic functional gynecology	1
2	Role, technique and complications of HIFU and MFU devices in aesthetic functional gynecology	1
3	Role, technique and complications of LASER devices in aesthetic functional gynecology	1
5	Emsella chair	1
Total Hours		4

Assessment: multiple choice questions, practical exam

Module 8: Surgical treatment.

By the end of the module the trainee will be able to:

- Practice scar prevention and scar management
- Perform perineoplasty
- Perform vaginoplasty
- Recognize the technique of clitoral hood reduction
- Identify different techniques for monoplasty
- Describe different techniques for labia minora plasty
- Apply different methods used for labia majora plasty
- Comprehend the principles of vulvar reconstruction after FGM
- Identify the role of thread plasty in aesthetic gynecology
- Plan for post-treatments care
- Recognize post treatment complications
- Manage post treatment complications.

	Title of the presentation	Duration (Hours)
	How to set up your clinic for office procedures?	1
	New concepts in the technique of vaginoplasty and perineoplasty	1
	Labioplasty techniques	1
	Techniques of clitoral hood reduction	1
	Surgical treatment of fatty mons pubis (monsplasty)	1
	Mons pubis liposuction	1
	Surgical reconstruction of the clitoris after FGM	1
	Surgical treatment of clitoral phimosis	1
	APTOS thread plasty	1
	Scar prevention and scar management	1
	Post operative follow up and management of complications and botched surgery	1
Total hours		11

Assessment: multiple choice questions, practical exam

HANDS-ON (40 HOURS):

1. Aesthetic and sexual history taking
2. Use and interpretation of validated objective tools (CBA, FSFI, FGSIS, GAIS)
3. Aesthetic valvular and vaginal examination
4. Platelets-rich plasma (PRP) preparation.
5. PRP injection for enhancement of sexual arousal.(O shot)
6. Dermal filler for labia majora augmentation
7. Peeling and bleaching of the intimate area.
8. Energy devices (radiofrequency and plasma jet) for vaginal rejuvenation and vaginal tightening.
9. Nano-fat preparation

10. Fat reshaping of labia majora
11. Perineoraphy
12. Vaginoplasty

Total hours: 85+40= 125 H

- **Teaching methodologies:**
 - Blended interactive teaching
 - Digital images
 - Video presentations
 - Online continuous group discussions and technical support
 - Hands on